



GROUND COVER

NEWS AND SOLUTIONS FROM THE GROUND UP

April 2015 VOLUME 6 ISSUE 4

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www.GroundcoverNews.org

Making progress in food justice



by Susan Beckett
Publisher

Confronted with the relatively high cost of organic food, I often find myself debating whether to buy it or choose instead the grocery store specials and donate the money saved. What I've learned from the Interfaith Council of Peace and Justice (ICPJ) Food and Justice programs has altered my internal dialogue.

The ICPJ is providing many windows into issues around food systems throughout the year. My takeaways from two of those – a screening of the 2014 documentary *Food Chain\$: The Revolution in America's Fields*, and the Food Justice Bus Tour to Detroit – form the basis of this article.



The Feb. 11 bus tour group gathered in Peaches & Greens to hear presentations on Detroit neighborhood integrated gardens, grocery stores, prepared food operations, delivery services and mobile stores.

The movie describes the struggle of the Coalition of Immokalee Workers (CIW) to earn a decent living and their ingenious Fair Food Program, which partners tomato pickers with growers and consumers to improve working conditions for farm laborers. These Florida tomato pickers earned one penny for each 40-pound bucket of tomatoes they picked and hauled to a collection station. A typical worker picks 4,000 pounds a day and receives

\$40 in payment, so typical yearly wages ranged between \$10,500 and \$13,000. Their campaign to add an additional penny per pound moves them into a living wage. If the cost is passed on to consumers, it amounts to \$44 per year for the typical family of four.

Realizing that farmers are also being squeezed by distributors, the CIW targeted end consumers by developing a Fair Food certification that is reserved for only those farms who pay two cents per bucket (though my research indicated it is now 2½ cents per bucket) and refrain from enslaving and sexually harassing their laborers. They successfully convinced Taco Bell and then most other fast-food restaurants to only buy Fair Food tomatoes. However, most grocery stores have resisted. Competition from Walmart historically forced grocery store mergers, and those giants – whose gross revenues exceed those of Monsanto, Microsoft or Apple – have refused to budge. A six-day hunger strike by CIW activist at the gates of the corporate headquarters of Publix, the largest grocery store in Florida, failed to elicit the desired opportunity to talk with executives.

The CIW motto is “Worker-driven, consumer-powered.” And that is why before buying winter tomatoes, I’ll be asking the produce manager of my favorite grocery stores whether they carry any Fair Food tomatoes and declining to purchase any that are not. In effect, I am “donating” to the tomato pickers but I am also becoming part of a movement for decent working conditions and a living wage. (Trader Joe’s, Walmart and Whole Foods have all signed Fair Food agreements, so I don’t have to give up tomatoes like I boycotted grapes back in the 1970s to support California workers.)

Closer to home, the ICPJ February 11, 2015 tour of Detroit enterprises working for access and opportunity in the food industry offered a glimpse into

the innovative efforts of food warriors. Highlights included lunch at Colors, a social enterprise and culinary school – and Peaches & Greens, where the group learned how community gardens, locally prepared food ventures, delivery services, mobile stores and neighborhood stores collaborate to bring healthy food and jobs to under-served neighborhoods.

Washtenaw County food policy activists on the bus spoke of national, state and local initiatives while the group was in transit from Ann Arbor, bringing attention to the Michigan Food Charter objective of purchasing 20 percent of food locally by 2020 and to the slated September 2015 expiration of the 2010 Child Nutrition and WIC Reauthorization Act (also known as the Healthy, Hunger-Free Kids Act).

The first stop, the Cass Corridor organization East Michigan Environmental Action Council (EMEAC), provided an overview of food policy as well as an explanation of their EAT4HEALTH initiative. They emphasized the need for building participation and coordinating efforts between those growing, distributing, and selling healthy food in Detroit as well as those engaged in education and advocacy. Their programs included Kids in the Kitchen, designed to expand the healthy foods children are familiar with and help them see what makes them good choices while teaching the youngsters to prepare the foods themselves. Though the first groups of children were recruited through personal networking and were often not the target audience, word-of-mouth buzz has spread participation across socio-economic strata.

Darryl Jordan of EMEAC stressed that while Detroit is not a food desert – small, independent grocery stores, gas stations, and liquor and dollar stores that sell food are abundant – it is a food dumping ground. Distributors sell their products first to the large grocery stores that ring Detroit, and only what they reject makes it into the city. EMEAC collaborates with other groups to identify fresh food that is available and to pressure local stores to carry it by promoting those that do. They also endeavor to help those stores with access to loans and distributors as well as connections to urban farms.

Improving the working conditions and opportunities for advancement within Southeast Michigan’s restaurant industry is the focus of the Restaurant Opportunities Center of Michigan (ROC-MI). They also spawned the social enterprise COLORS Co-op Academy, a culinary school whose students and graduates run and staff its restaurant. This Harmony Park location was the

GROUNDCOVER

MISSION:

Creating opportunity and a voice for low-income people while taking action to end homelessness and poverty.

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see FOOD JUSTICE, page 11

Lighter than air



by **Rev. Dr. Martha Brunell**
Groundcover Contributor

I was at the writing table with a familiar group recently. We meet once a month at a public library. One writing prompt we started with that night was an empty, brown, recyclable, takeout box.

It was a good-sized box with fold-down flaps on the top. I had actually carried it home from southwestern Michigan to Northern Illinois a few weeks earlier with the remains of some delicious pita bread and curry hummus. As we passed the box from person to person, each one of us was noticing different things about the box. I was immediately struck by how light the box was. It truly felt lighter than air. And in a split second I

was back at a counter of the Abington, Mass. post office in 1986.

It was early summer in 1986 when I carried two large cardboard boxes to that post office. Each box was well-sealed with packing tape for the long trip ahead. The boxes weren't heavy, just awkward because they were big. After I wrestled them up on the counter and they had been weighed, the postal worker looked at me and said, "Hey, why are you sending boxes of air to Japan?" "They are not boxes of air," I responded. "Well, they sure feel like it," he added.

Those large light boxes were filled with origami cranes, folded paper cranes, made by the many children at a church where I was serving. They had worked on them for several months that spring after hearing the story of Sadako Sasaki, a girl who was two in Hiroshima the day the atomic bomb was dropped in

August 1945. Sadako was blown out the window of her family's house but did survive the blast. In November 1954 she was diagnosed with what was called radiation sickness, or leukemia. She would die the following fall. Toward the end of her illness, her best friend reminded her of an ancient Japanese tradition about folding a thousand paper cranes to receive a wish. Sadako folded cranes then during her long days in the hospital.

After her death, as her story began to circulate, the tradition of folding a thousand paper cranes moved in ever-widening circles from Japan across the world. Since then, people in numerous countries have folded paper cranes with deep prayers and wishes for peace. Completed cranes have been sent to the Hiroshima Peace Park to be draped around Sadako's statue there. Our two boxes of cranes in 1986 were bound for

that park, where they would be strung together on long threads and taken to her statue.

Around a writing table 29 years later, remembering those boxes, I thought about how we measure the substance of what is intangible, like the telling and the hearing of a story. Those 1986 boxes may have been very light, but they held the evidence of children whose hands and hearts had been changed by learning about the experience of a young girl in the 1940s and 1950s. Sometimes what is light as air has much weightier meaning.

My exchange with that postal worker was very short. Decades later it stays with me, reminding me to be attentive to the real value of what can appear to be so insignificant. You can't always tell from outside the container what the contents are really worth.

Tiny houses potential solutions to skyrocketing rent and property taxes

by **Luke Norman**
Groundcover Contributor

In February of 2015, the City of Ann Arbor passed a resolution to create over 2,500 new affordable housing units in Ann Arbor. One of the ways the City is proposing to increase affordable residences is by legalizing accessory dwelling units (ADUs) in Ann Arbor.

Lack of affordable housing has become an increasingly pressing problem for low-income residents across the United States. Almost eight in 10 low-income renters spend more than one-third of their income on rent. This means less money for food, education, transportation and basic necessities. In fact, the average economically-challenged renter now spends almost 65 percent of income on rent – 20 percent more than in 1960, according to the *Journal of Economic Perspectives*. No wonder news articles abound with headlines about the shrinking middle-class and housing solutions being sought!

Accessory dwelling units go by many different names, including in-law units, granny flats, or even tiny houses. In a nutshell, ADUs are a cheap way to add an additional rental unit, as homeowners can rent out a converted garage or basement in their home or a tiny house behind their home to another person. Since these ADUs are smaller than traditional apartments and cheaper to build, the Institute of Urban and Regional Development reported that their rent can be one-third cheaper than comparable apartments. This is a great option for renters who are currently spending over 50 percent of their



A 325-square-foot tiny house in Portland built by Walt Quade of Small Home Oregon.

income on apartments.

Beyond helping renters, ADUs can help retired homeowners who wish to keep living in their community but are having trouble keeping up with housing expenses and property taxes. In fact, the American Association for Retired Persons (AARP) has endorsed ADUs and even created a draft set of regulations that cities and states can adopt so their senior residents aren't forced to leave their communities. We would lose a great resource if the residents who helped make the city great were forced to leave because of rising housing prices.

Unfortunately, in Ann Arbor, like many cities across the United States, creating new ADUs and renting them out is currently not allowed. Zoning rules and parking requirements keep many homeowners from adding a single ADU

to their property and renting it out. However, cities across the country from Madison, Wis. to Santa Cruz, Calif. are starting to allow ADUs in their cities and thereby creating more affordable housing for their residents.

So now that you know about the need for affordable housing and how ADUs can help, come to the **Ann Arbor City Council on April 6 at 6:30 p.m.** We'll ask everyone who supports more affordable housing to stand up, as local residents speak to City Council about the importance of affordable housing. And please send a note to your local council member to let them know that you support ADUs and affordable housing in Ann Arbor.

ADUs are just one step in increasing affordable housing in Ann Arbor, but we need to take that step today. Please join us in creating a community where people from all walks of life are able to live together.

For more information check out the Facebook page "Affordable Housing Now Ann Arbor":

www.facebook.com/AffordableHousingNowAnnArbor

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Amazing Grace for the Amazing Race

by **Rissa Haynes**
Groundcover Vendor #8

“INCURABLE OPTIMIST” identifies me as the person who believes God and the can-do attitude that will give an about-face or turnaround to my physical challenges and outward circumstances. Sometimes, though, like Grandpa in the movie, “3 Ninjas,” I feel remorse. His grandchildren – the three ninjas – and those who shared his philosophy disappointedly watched his apparent defeat by his archenemy.

My struggles these past two years, physically and circumstantially, may seem disappointing from outward appearances. However, the grace – undeserved favor – of God and the people, churches and Groundcover is helping me become triumphant.

Have you ever seen the reality show, “The Amazing Race”? Couples race

across several countries to find clues. The winner is the first one who accomplishes all the clue tasks. Sometimes the contestants get lost trying to accomplish tasks included in the clues.

At one point in my life, I felt similarly lost. Following doctors’ orders as advised by some family and friends, my physical condition and circumstances appeared to get worse. Then, my eye doctor and all optometrists refused to prescribe glasses for my failing vision. The eye doctor said cataract surgery was the only correction available; but she refused to do the surgery unless I could show her I had someone to accompany me during and 24 hours after surgery. This seemed to be almost impossible, as I was having difficulty getting help for everyday tasks just 24 hours a week!

My thanks to Pastor Furno from St. John’s, who found me every place I was

sent – and there were many – to impart wisdom from the Bible and the sacraments. Thanks to Pastor Greg Briggs from Bethlehem church for Godly counsel and the financial assistance to have 24-hour care during and after the right-eye surgery. The Bethlehem community was critical in supporting me through these struggles as they continually prayed for my health and circumstances to improve. Not only praying, they visited, assisted me with various tasks that even social workers didn’t help me with, advocated on my behalf, gave me rides home when I was stranded, and continue to support my Groundcover business, as well. Speaking of supporting my Groundcover business, if St. Francis of Assisi parishioners hadn’t graciously supported my business every first Saturday and Sunday, I don’t know how I could have survived!

Grace flowed from various facility staff

members who showed me alternatives for accomplishing tasks. Loqui and his family (especially my adopted daughter, Ashleigh) graciously assisted me when no other reliable assistance was available. God’s grace continued to flow through Select Ride cab drivers who cared enough to work patiently with me in transporting me back and forth to places, going above and beyond their call of duty. These driving friends even found someone to stay with me so I could have the left-eye surgery, which was also a success!

Groundcover was introduced to me at a critical point when getting a “job” was very difficult, due to my physical challenges. The Groundcover publisher, Susan Beckett, told me about the FUSE program, where Shonda Gibbs was able to contact Dianna who introduced me to Quinn and Jason. These people,

see **AMAZING GRACE**, page 11

INSP Conference – a learning and growth opportunity

by **Keagan Irrer**
Groundcover Contributor

The Seattle INSP conference is a rare opportunity for Groundcover staff and vendors alike to hone our skills and network with other street papers. This is the first time the conference has been held in the United States in its 18-year history; that may not happen again for a while. With no comparable North American street newspaper organization currently standing, the opportunity is truly unique.

From the INSP’s own website: “Parallel programmes focusing on strategy and business development; editorial and design; fundraising and marketing; and vendor support and homelessness will allow each delegate to maximise their conference experience.”

I have been working with Groundcover from almost the beginning, volunteering in the office frequently and helping out with whatever the organization needs most at the time. The conference is a golden opportunity for us to become a long-term sustainable business through better management of our product and strategies for expanding circulation. Currently, Groundcover relies on the dedication of our volunteers for almost everything, and most of the revenues from paper sales to vendors go toward production costs. This is a tenuous situation for the paper to be in; the conference is a vital step in making Groundcover a sustainable business.

I’m particularly interested in the administrative end of the paper, and want to attend the conference to discuss and develop strategies for helping Groundcover run more efficiently and effectively. I also have an interest in fundraising and marketing, a necessity if Groundcover is to grow. For myself and my friends and colleagues here at Groundcover, this is potentially a once-in-a-lifetime opportunity, and one that would be a tremendous boost to the paper, hopefully putting us in a more stable position and helping our community paper to prosper and grow.

I really want to go to Seattle!

I would like to share with you the reasons why I would like to go to Seattle, Washington. First, it would be a HUGE honor and privilege to represent Groundcover News at the 2015 International Network of Street Papers (INSP) conference. INSP is an organization that supports and develops street paper projects all over the world. It spans 114 papers from 35 countries.

I was in Nashville, Tennessee in 2011 for the (now-defunct) North American Street Newspaper Association conference. I felt a sense of importance, empowerment and definitely more engaged in understanding the reason for street newspapers. I learned a lot about ways to sell, to write articles, a little about fundraising. I was excited to be in a new place as well as being a part of this bigger-than-I-imagined organization.

Secondly, we from Groundcover will be able to meet people from all over the world to network and learn with them about different aspects of the street newspaper – selling, administration and operations.

Lastly, it would be just nice to get away from town. I haven’t been on an airplane since 1987. I work a part-time job, sell Groundcover part-time and clean an office once a week, and it’s still hard to pay all my basic bills. This doesn’t leave anything left over to travel. I’m hoping to get a sense of where life will take me if I’m able to go to the conference.

So, thank you so much for your generous donations and taking the time to read Groundcover News. It is my pleasure to see and chat with you each month at the downtown library from 4-6, Mondays, Wednesdays and Fridays.

Thank you ever so kindly,
Shelley DeNeve, Vendor #22

Hello ...

by **Elizabeth “Lit” Kurtz**
Groundcover Vendor #159

There is little doubt that the 21st century has ushered in radically new technologies – which, of course, include the cell phone.

We often comment on how our lives were before the use of cell phones. In fact, cell phones have been said to save more lives in emergency situations than landlines. Keeping this in mind, one should not have to wonder why a cell phone should be an essential tool for anyone who is experiencing homelessness.

Living on the street puts an individual in a constant state of emergency. Were it not for the term “homelessness,” it would be unheard of to expect someone to survive in the elements with no real connection to food, water, or sleep. It is at best traumatic and at worst, life-threatening. Therefore, the cell phone is a necessity that should not be ignored. As long as it is fully-charged, a person can make contact if she encounters an emergency. Even without available minutes a cell phone will allow an individual to connect with 911.

The idea that less is more is a misconception that perpetuates in the homeless community. We need all the tools available to help us survive the brutal elements and to somehow keep us connected to the civilized world. A cell phone does that. Technology has been used in many walks of life. It’s time we take advantage to use it in our fight against this modern-day scourge we call homelessness.

Getting a fresh start: expunging criminal convictions

by **Angie Martell**
Groundcover Contributor

On January 12, 2015, a new law was passed in Michigan that greatly reduces the former restrictions placed on persons seeking a criminal expungement in Michigan. Thousands of applicants who had been denied the ability to seek a criminal expungement will now have access to greater opportunities and career advancement without the burden of a criminal record.

For many, a criminal record expungement is the only available option to get cast away vestiges of a criminal past and get a fresh start in life – to improve one's education and be free from the scarlet letter and roadblocks that impede becoming a full member of one's community.

A criminal expungement is the legal process that allows a Michigan resident to file an application to set aside his or her conviction(s) with the court and request that their criminal record be permanently removed and deleted from public access. Only some convictions are eligible for expungement.

Under the new law, a person who has no more than one felony conviction, and no more than two misdemeanor convictions, can petition their sentencing court to have their convictions expunged from their record. In addition, victims of human trafficking can apply to have expunged certain prohibited convictions that are related to their status as victims of human trafficking.

The petition application can be filed after the person's 18th birthday and no earlier than five years after the conviction or incarceration release date, whichever is later. Under the amended expungement law, if your petition to have a conviction set aside is denied, you cannot bring another petition for three years.

The following convictions may never be set aside:

- A felony or attempt to commit a felony for which the maximum punishment is life in imprisonment.
- Child abuse in the second degree
- Production or possession of child pornography
- Second degree criminal sexual conduct
- Third degree criminal sexual conduct
- Assault with the intent to commit criminal sexual conduct

- Fourth degree criminal sexual conduct convictions after Jan. 12, 2015
- A traffic offense, including operating a vehicle while intoxicated
- Felony conviction for domestic violence, if the person has a previous misdemeanor for domestic violence
- Human trafficking offenses
- Terrorism offenses

How to expunge a record

In order to expunge a record, you must submit an "Application to Set Aside Conviction" to the Michigan State Police, Michigan Attorney General Office, and the local prosecuting authority. It is expected that these new forms will be available from the State Court Administrative Office (SCAO) in June 2015. This process can be performed online to help expedite and streamline the expungement process.

The application must be completed in its entirety, and must state whether the applicant has any current criminal charges pending in any state of the United States as well as any other country.

Applicants must also submit one complete set of fingerprints to the Michigan State Police with a copy of the application and a \$50 fee payable to the State of Michigan.

A copy of the application must be served upon the Attorney General of the State of Michigan as well as each office of the Prosecuting Attorney who prosecuted the crime(s) that the applicant seeks to set aside.

After submission of the application, a criminal background check will be performed by the Michigan State Police to verify the applicant's criminal record, and to confirm that the applicant has no pending criminal warrants or criminal court matters.

Once the applicant's background check has been completed, a hearing date will be scheduled before the sentencing court, in which the sentencing judge will consider all mitigating factors to determine if the applicant has met the legal standard to set aside or expunge his or her criminal record.

The Court may require affidavits and that the person has met all the legal requirements for expungement and, and has put those on the record.

If the Court determines that the circumstances and behavior of the applicant warrant setting aside the

conviction(s), and that setting aside the conviction is consistent with the "public welfare," the court may enter an order setting aside the conviction.

The setting aside of convictions has been determined by law to be a privilege, not a right. One potential problem area for expungements can be criminal convictions where restitution or court fees have not been paid. Prosecutors or courts may be reluctant to grant expungements where significant amounts of restitution are still owed.

Benefits of expungement include:

You can legally say on an application that you have never been convicted of a crime.

You regain the right to vote in state elections.

You are eligible to serve on a jury.

You are eligible for student loans, housing assistance, professional licenses and certificates.

Even though the new forms may not be available until June, you can start laying the

groundwork by doing the following:

1. Get copies of your court documents, and for each criminal conviction, get contact information for the judge, prosecutor and attorney.
2. Commence acquiring letters of recommendation supporting your application.
3. Document how this conviction has been a hardship, and what positive things you have been doing post-conviction (such as drug treatment, community service, school, etc.).
4. Seek legal assistance.

Each legal case is different, and it is always recommended that applicants seek legal counsel prior to submission, since you will not be able to submit another application for three years.

Additional help and resources can be found at www.michiganlegalhelp.org



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Washtenaw Dental Clinic brings bright smiles, opens new horizons

by Alice Newell
Groundcover Contributor

Many people make resolutions about a new car, a house, a better job and other declarations of good fortune for the future; however, it is hard to attain any of these dreams without good health, which could depend going to the dentist.

Poor oral health is an increasingly pressing public health issue. Poor physical health, unemployment and emergency room visits are a few of the problems associated with it. Washtenaw County is a relatively wealthy county, yet thousands of residents have no dental insurance. Thousands more have Medicaid dental coverage but they are still unable to access services because so few providers accept it.

This dilemma is being addressed by the Washtenaw County Public Health (WCPH) department, St. Joseph Mercy Health Systems (SJHMS), the Washtenaw Health Plan (WHP) and the Michigan Community Dental Clinics (MCDC). These organizations partnered together to establish the Washtenaw Dental Clinic in the Haab Medical Building in downtown Ypsilanti, located at 111 North Huron Street. It is walkable for people who live in the area, plus accessible by the bus, as it is close to the Ypsilanti Transit Center.

The Washtenaw Dental Clinic (WDC) is a full dental service facility that provides cleanings, x-rays, oral exams, extractions, denture care, fluoride treatments plus referrals for specialized surgical procedures based on patients' needs. Even if someone has begun treatment somewhere else, they can either bring in a copy of their records with them or request a transfer of their records to the new dental facility to continue their dental treatment.

WDC offers their services to children,



Yousef Rahbi and Ronnie Peterson, members of the Washtenaw County Board of Commissioners, check out the new Washtenaw Dental Clinic facility.

adults, and seniors. They even have a special chair and accommodations for those with disabilities. The clinics' services are not restricted to county residents but are open to those in surrounding areas as well, as long as they meet the requirements to receive services. At full capacity, the eleven-chair dental clinic will serve an estimated 6,000 patients per year with 15,000 clinic visits.

"With the help of our partners, we're thrilled to see this project moving forward. The clinic fills a void and the impact will be tremendous. Of course we'll see improvements in oral health among our most vulnerable residents but, importantly, we'll also see related improvements in physical health, employability, reduced ER visits and so forth," stated Ellen Rabinowitz, acting

health officer of WCPH.

The Michigan Community Dental Clinic partners searched 20 years for an easily accessible location in this area, where very few dentist accepted Medicaid. The MCDC, which operates 22 dental clinics on behalf of local public health departments throughout Michigan, was hired to run the new dental facility, whose mission includes staff-

ing and training future dentists. SJMHS donated the use of the lower-level Haab Building.

"Increased access to healthcare and working with the public health department, as well as other community groups, promote the common good, hand-in-hand with our mission," said Michael Miller, Jr. chief mission officer of SJMHS.

The Washtenaw Dental Clinic opened officially on February 7, and those interested in becoming new patients can call to make appointments at (877) 313-6232. There is an enrollment form and small fee for uninsured and low-income patients. There are no payment plans because the services are tailored for low-income individuals. Those who participate in Medicaid, MIChild, and HealthyKids should have their insurance card and identification available upon receipt of an appointment. For information

on how to apply for dental assistance as well as to find out the clinic's hours of operation, call (734) 544-3030.

Congratulations to all those who joined forces to help the Washtenaw Community. This is another example of how a winning team can make a difference when they have the improvement of people's lives in their hearts.

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Light in Winter (A Mama's Prayer)

by O. Henderson, Jr.

Book review by Susan Beckett

Local author and physician Orzie Henderson's book, *Light in Winter*, documents the growth and journey of a family from the Deep South that makes its way to Detroit. Henderson interweaves numerous highlights of historical events, peppering the rapid technological and social transformations of the 20th century into the fast-reading 148 pages.

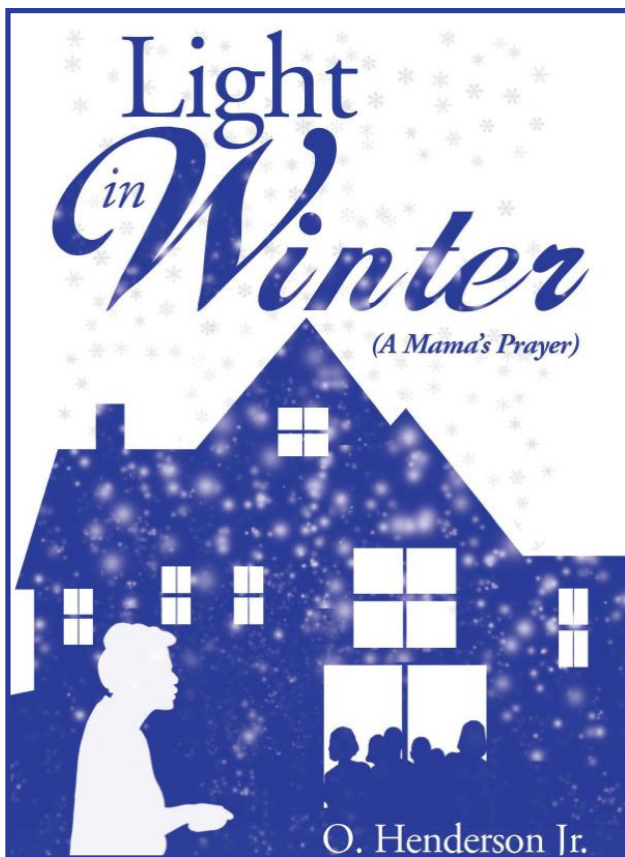
The story of the family, loosely based on Henderson's own, is fraught with tension as the matriarch, Babe Ruth, fights to establish herself and her children as the equals of everyone. Her battle begins as an orphaned teen, continues through a difficult marriage, and concludes with her as a single mother raising a large family on her own.

Henderson believes the book has something to say and reports that a woman reader told him, "I wish I'd read this book before I raised my kids."

More about the story is revealed in my following interview with the author, but it is well worth reading and is available at local libraries as well as Nicola's Books in Ann Arbor and Schuler Books in Grand Rapids. It is also available online through amazon.com.

SB: You've said this book is based on your own experiences being raised by your mother alone after your father abandoned the family when you were 10. How did you recall personal events?

OH: The book is fiction, but these big events marked my life – the Joe Louis fight when I was a kid in New Jersey; I remember the avenue flooding after the fight and Walter Winchell interviewing Jackie Robinson as vividly as



today...

SB: How did you come up with the name "Babe Ruth" for the matriarch?

OH: I have an aunt by that name and I am a baseball fanatic.

SB: There is a brief period during which the family receives government assistance and Junior comments on how shameful it is. The children and the pregnant Babe Ruth, through no fault of their own, were thrust into a situation in which they needed help to survive. How do you think society should be structured so that children receive adequate nutrition and an education (rather than babysitting pre-school siblings) when they land in dire circumstances?

OH: That happened to my family. The surplus food was helpful. We needed the food. I remember Mom shipping us to relatives for dinner. But when you

don't support yourselves, you don't feel good about yourselves. Handouts have a place in life, but you certainly feel good when you can take care of yourself or have extras to share. That's really what counts.

SB: Domestic violence runs through Babe Ruth's life with her husband. Is it based in reality that he suppressed his violence for many years after she demonstrated that she would inflict on him at least as much hurt as he did to her?

OH: Before she found the Lord, Babe Ruth was quite vindictive. She was hard to please. I don't really understand domestic violence. If you break her down, you have less than you started with. He married a superior person. She was very inspiring, even with her faults.

SB: There was a lot of corporal punishment in your book. Junior, the character that it seemed you most identified with, was whipped with a switch as a four-year-old for running away. What do you make of society's reaction to Adrian Peterson disciplining his child that way?

OH: There is a history within the community of bringing a black boy

with lots of drive into submission so he isn't killed... in the streets. Some of it is inherited vestiges of slavery, and part of it is a survival strategy for blacks.

SB: In the book, Junior vows not to be violent with his own children. As your children tested you, did you find yourself pulled toward disciplining as your parents did?

OH: No. They never tested me much, either. I did make character demands of them, distinguishing what was comfortable from what was right.

SB: Did seeing how your youngest brother was essentially raised in a different family from you – no father in the house and the really lean years over by the time he started school – affect your parenting decisions?

OH: Having to care for him made me less selfish. He was not the butt of jokes and ridicule – just one of the guys. I was kind of a coward who wanted to be better than I was. There is something that fathers put in that makes boys feel strong and girls feel valuable, and that was missing for me.

SB: Junior's father endangers him in his quest to control Babe Ruth. Did that actually happen to you?

OH: Yes.

SB: It is a gripping story. Thank you for sharing it with us, and for the work you do with the Hope Clinic in Ypsilanti and Nicaragua.

Meals come to Milan-area seniors

by Claire Wagler

U-M Student Contributor

Seniors in the Milan, Augusta, and York Townships can now sign up to have meals delivered to them, thanks to a partnership between the Office of Community and Economic Affairs and Milan Seniors for Healthy Living and Aid in Milan. There is a suggested donation of three dollars, but no one who is unable to pay will be denied meals. Because the senior population in Milan is increasing along with the senior population in all of Washtenaw County, need is increasing for services like home-delivered meals for seniors who cannot cook or buy food for themselves.

After a senior signs up for the Home Delivered Meals Program, a volunteer goes to their home to deliver meals and to check up on them whenever needed. A Congregate Meal Program is also available, wherein meals for seniors are held in community buildings on three days every week. This both gives seniors needed meals and serves as an opportunity to meet other seniors in the area. The suggested donation for these group meals is also \$3.

To sign up for these programs, call Milan Seniors for Healthy Living at 734-508-6229. Registration for congregate meals is required at least two days in advance.



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	3		1	5			6	
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6			9					
1	4						9	
	9	3	6	8	1	7	4	
	6						1	5
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	8			3	2		7	

Fill in the squares so that each row, column, and 3-by-3 box contain the numbers 1 through 9.

Cryptoquote

NHZL ZF PNHRS; NHZL ZF
JCS FXQ GSFRSLGZLP JD
JCS SHNJC; MZJCDBJ NHZL,
JCSNS MDBOG WS LD
OZKS.
— VDCL BTGZXS

Clue: X = X

Groundcover Vendor Code

While Groundcover News is a nonprofit organization and newspaper vendors are considered contracted self-employers, we still have expectations of how vendors should conduct themselves while selling and representing the paper.

The following list is our Vendor Code of Conduct, which every vendor reads and signs before receiving a badge and papers. We request that if you discover a vendor violating any tenets of the Code, please contact us and provide as many details as possible. Our paper and our vendors should be positively impacting our County.

All vendors must agree to the following code of conduct:

- Groundcover News will be distributed for a voluntary donation of \$1, or the face value of the paper. I agree not to ask for more than face value or solicit donations by any other means.
- I will only sell current issues of Groundcover News.
- I agree not to sell additional goods or products when selling the paper or to panhandle, including panhandling with only one paper.
- I will wear and display my badge when selling papers.
- I will only purchase the paper from Groundcover News Staff and will not sell

to or buy papers from other Groundcover News vendors, especially vendors who have been suspended or terminated.

- I agree to treat all customers, staff and other vendors respectfully. I will not “hard sell,” threaten, harass or pressure customers, staff, or other vendors verbally or physically.
- I will not sell Groundcover News under the influence of drugs or alcohol.
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- I understand that my badge is property of Groundcover News and will not deface it. I will present my badge when purchasing the papers.
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If you see any Groundcover News vendors not abiding by the code of conduct, please report the activity to:
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ACROSS

1. Explorer Zebulon
5. Olfactory perception
9. Garment
14. Lingual
15. Coal byproduct
16. Mold
17. Desert hazard
19. Sharpens
20. Picture in picture
21. Written communication
23. Purchase temporarily
24. Headwear
26. Diplomacy
28. Crimp
31. Laze
35. Be motionless
39. Require
41. Water nymph
42. Ballerina's garb
43. Lag
45. Weather instrument
46. Lizard
48. Oil
49. Panache
50. Testudinal monster of Japanese movies
52. Become motionless
54. Animal's appendage
56. Most pristine
61. Wizards
64. Calculus or statistics
67. Abdominal organ
68. Escape
70. Fraudulent gambling pastime
72. More confident
73. Not hazardous
74. God chieftain
75. Regale
76. Preposition
77. Respite

DOWN

1. Hypothesize
2. Persian
3. Native American tribe
4. Village leader
5. Month (abbr.)
6. Destiny
7. Gumbo
8. Write a check
9. Tree

Beachcomber

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60	62	63			64		65	66		67				
68					69		70			71				
72							73					74		
75							76					77		

10. Broadcast frequency
11. Word following sugar or candy
12. Accessible
13. Evaluation
18. Thrust
22. Young man
25. Dispatched
27. Is able to
29. Pianist Peter
30. Negotiates
32. Numerical display
33. Ms. Turner
34. Actress Barbara
35. Male ruminant
36. Ocean fish
37. Molecule's component
38. Holiday seasons
40. Food selection
44. Circuit

47. Time period
51. Goal
53. Tow
55. Rope
57. Austerity
58. Dodge
59. Vehicles
60. Senator Lott
61. Arizona city
62. Astringent
63. Expert
65. Conjunction
66. Hoist
69. Before, poetically
71. _____ Tolstoy

Puzzle by Jeff Richmond



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8:30 am and 10:00 am
Sunday school at 10:15 am
Fellowship Hour follows each service

Upcoming Community Events

- April 2 (Thursday)** Maundy Thursday Dinner & Worship, **6pm**
April 3 (Friday) Good Friday services, **12pm & 7pm**
April 4 (Saturday) Easter Egg coloring, **10am**
April 5 (Sunday) Easter Sunday at Bethlehem Church
Sunrise Service, 7:30am
Easter Breakfast, 8:30am
Easter Worship Service, 10am
April 11(Saturday) **German Pretzel Sales, 10:30am-12 noon**
\$1 each or \$10 dozen
April 24 (Friday) **German Pretzel Sales, 11am-2pm**
\$1 each or \$10 dozen

www.bethlehem-ucc.org
www.youtube.com/user/BethlehemChurchA2
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Hidden identities – revealing a secret or exposing a vulnerability? (Part 1)

by **Melissa Golden**
U-M Student Contributor

Editor's Note: This is the first segment of an article written by a U-M student who has now graduated. The names used in this article were changed but the stories are real.

The human eye can see about 10 million different colors and over two million light years away, but there are still certain hidden identities it cannot discern. For these identities, if we want others to know, we must tell them – we must come out.

Coming out is commonly associated with those with an LGBT identity, but the process of coming out can refer to any covert identity, such as living with a mental health disorder. Those on the LGBT spectrum who also have a mental health disorder live with two not-so-obvious identities, making their coming out process twofold.

Whether these identities are well-received or met with a negative backlash, coming out can make a huge impact on an individual's life – it certainly did for Lisa Reynolds, Jacob Costa, Zoe Fischer, and Benjamin Garcia, four University of Michigan students who identify as LGBT and have also struggled with a mental health disorder.

The first step in the coming out process for anyone with a hidden identity is, usually, coming out to him or herself. “I really struggled with it,” admitted Garcia. “I had very internalized homophobia. I was very outwardly homophobic, and I was very uncomfortable with being attracted to men.” Garcia first noticed an attraction to men around fifth grade, but tried for years to deny his gay identity. “I would never, even to myself, say ‘gay’ or ‘bi,’” he said. “I would always shut those thoughts down.”

When Garcia first started coming out, he came out as bisexual, even though he now identifies as gay. He came out to a friend during his sophomore year in high school, and then, two years later, came out to more friends. “It felt really liberating and awesome,” he said.

It wasn't until a friend talked to Garcia about her own struggle with identifying her sexuality that Garcia started coming out as gay instead of bisexual. “I guess I really opened my eyes and examined my own sexuality through her examining hers,” Garcia said, “and it made me more comfortable with being gay.”

Reynolds, who now identifies as queer, did not exactly intend to come out, but met and fell in love with her first

girlfriend when she was a sophomore in high school, and while they were pretty secretive, people at her high school still knew. Reynolds did not even identify as gay – she said she just thought she was an open person who had fallen in love with a woman.

“I didn't think it had to define me, so I never came out as an identity in high school,” Reynolds said. Even though she did not want to come out, her parents found out about her girlfriend from reading her journal.

“That was also the year I started cutting,” Reynolds said, “So my parents, simultaneously, by reading my journal, found out I was interested in my female best friend, and my mom knew I was cutting, which she saw as explicitly indicative of my ‘messed-up sexuality.’” She continued, “Having a messed-up sexuality, in my mind, was only possible if you were falling further from God or not being close to your church and religious community. Creating that space and getting further from God was when bad things could happen to you, like being gay or having depression.”

Reynolds' family threatened not to support her in college, not let her live at home during the summers, and take her off their healthcare – all due to her LGBT identity. “[My parents] said I could be gay again when I was 30 if I tried to date men, but that I was too young to make that sort of decision, so if I didn't put some effort into being straight they weren't going to do anything to support me living my lifestyle,” she said.

It was actually due to her parents' Christian ideology that Reynolds claimed an LGBT identity in the first place. “It wasn't until after high school,” Reynolds said. “It seemed like the only way to get any leverage on my parents about all our fights about sexuality was to claim being gay because I could argue that I was born gay,” she said. “I didn't actually believe that [identity], but that made it a narrative they could accept. It fit within their Christian ideology – nothing that God makes is a mistake or imperfect, so if I'm gay it must be somehow part of His plan.”

Garcia also came from a Christian household and faced some negative responses when he came out to his family as gay. He told his mom and his sister without much backlash, but his father and brother were not as accepting. “Every time my dad would come out to lunch with me [after he found out I was gay], he would pray with me, which was a new thing that he never did before, and he wouldn't say anything about be-

ing gay in the prayers, but I knew that that was why,” Garcia said. Additionally, when Garcia's brother found out, he told him that being gay is a sin.

Despite her parents' opposition, Reynolds said, “I have all these clear answers for sexuality,” but continued, “but I really don't feel that way about mental health.” Reynolds started experiencing annual depressions in high school, and then started experiencing episodes of hypomania in college. During these episodes of hypomania, Reynolds felt out-of-control – she would self-harm, shoplift, blow lots of money, do drugs, and engage in other reckless behavior that was not typical for her at all.

Like with sexuality, the first step to coming out with a mental health disorder is internally acknowledging it. Initially, Reynolds did not recognize her hypomanic behavior as part of a mental health disorder. “I really saw all of that [hypomanic behavior] as me being a bad person,” Reynolds said. She had been seeing a therapist for depression, but never mentioned those hypomanic episodes until later in college when she started thinking more about those times and behaviors as maybe being part of a mental health disorder.

“I never felt like being depressed was wrong, but some of the acting-out stuff that I would do at certain times – I'd go through periods where I did all of that together – I just felt like that was my

fault and that it would be a cheap way out to call it a mental illness,” Reynolds said. “So it took me a long time to talk about that in therapy, but once I did, they gave me a diagnosis of bipolar disorder.”

“I still don't know how I feel about it,” Reynolds admitted. “I feel very uncomfortable if I say I am bipolar or I have bipolar disorder. It feels inauthentic, it feels weird. I don't like it. It's not a conversation I have a lot.” Reynolds has tried to think about it in a different light, though. Her most helpful psychiatrist told her, “It doesn't really matter if you are bipolar or not – these are just definitions that will change, they're social constructs to the way we diagnosis people. What matters is if the treatment for that works for you.”

After switching her medication from medication for depression to medication for bipolar disorder, Reynolds felt like her life had changed. “It didn't matter as much whether that label felt right to me – what mattered was that taking lithium, in my case, made me stable, happier, feel like a better person, and that I'd landed in a better spot.”

Reynolds said that she has only told some of her closest friends about her mental health disorder, but that most of her friends know the label because of the problems she's had that are as-

see COMING OUT, page 10



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Coming out about sexual identity and mental illness – which is harder?

continued from page 9

sociated with it, such as problems with medications. “I talk a lot more openly about medication problems,” Reynolds said, “and if you’re taking lithium, a lot of people know what it’s for.”

Garcia also uses talking about medication as a way to signal to friends that he has a mental health disorder, though the first time he came out to a friend about his struggles with mental health, he was not on medication.

Garcia first realized that he might be grappling with a mental health disorder during his second semester at the University of Michigan when his depression worsened, and he started having panic attacks. “I knew this was something more than just being stressed-out,” Garcia said. “I knew that it was an actual problem that I had to deal with.”

Garcia decided to talk to a friend who was in the nursing school about using the University’s Counseling and Psychological Services (CAPS). He said that it was a pretty casual conversation, though. “It made it easier to talk about because CAPS resources are everywhere, it gets talked about a lot on campus, and people know that college is a high-stress environment, so it was a lot more normal than most environments to talk about it,” he explained.

“For me,” Garcia continued, “it wasn’t nearly as significant as coming out as gay.” He noted that the only exception to that was when he told his parents about his depression. “At first, my parents had a hard time empathizing and sympathizing,” he said, “They didn’t really understand.”

Finding a supportive community for mental health is a struggle. “There’s not really a community when it comes to mental health,” Garcia said. Reynolds explained how she has tried going to support groups, but did not really feel like she fit in or found what she was looking for.

“When I was younger, I really wanted to know successful, partnered, stable gay people,” Reynolds said. “And now I really want to know successful, academic, intellectual, mentally ill people, and I don’t know how to find them or

who they are.” Reynolds explained that this difficulty to find role models with mental health disorders serves as her biggest motivator to be more out. “If I can be that person for someone else, I would really like to. That is probably the biggest reason I’d like to be able to be out.”

Despite wanting to be out in the future, Reynolds said, “[A mental health disorder] is something that I will continue to keep private until I have tenure, and when I have tenure and I have job security, I would love to be more open with it. Especially because I’d like to have a child, and probably I’d like to do that around the time I get tenure.”

She explained, “I’ll have to go off lithium to get pregnant and I won’t be able to breastfeed if I go back on lithium, and I’d like to be honest about that with my employers because some medical insurances will let you take a little extra time off if you have other medical problems related to being pregnant, and adjusting medications and not being able to breastfeed might count.” She continued, “But if I want what’s allowed based on health insurance, I have to tell people what’s going on, and I would never do that pre-tenure. I think it would be too risky.”

Currently, Reynolds does not want to be out about her mental health disorder because she worries that it will affect her future employment. “Even if there’s acceptance broadly, I worry that people will think that I can’t be a good worker or consistent worker,” Reynolds said. She compared employing someone with a mental health disorder to hiring someone who is pregnant: “They’re not judging me and they don’t think that it’s my fault, but why would you want to hire someone [who has to leave]?”

Garcia, too, does not like to tell employers about his depression. “I guess I’m nervous that they’ll be like, ‘Oh, you’re just a bad employee,’ and either not believe it or not take it seriously. So I’m very cautious telling my employers about it because it just makes me really nervous. I don’t want to be seen as the guy who’s just trying to cop out of responsibility.”

In terms of his mental health disorder and LGBT identity, Garcia said,

“They’re both very not visible and affect great parts of your life. [Having these identities] affects me because it adds a certain aspect of empathy to my perceptions of the world, knowing that I have a problem that does not show very easily on the outside.”

Reynolds commented on an overlap she observed, as well. “I don’t think that [mental health disorders are] more prevalent [in LGBT people], but what I think is that LGBT people struggle with the effects of social ostracism, and stigma, and stress, and I think that can cause some anxiety and depression issues.”

“Some of the types of overlap I’ve seen,” she continued, “is that without a strong social support, LGBT people don’t get the help and resources they need across a wide variety of things in their life, and so if they have a mental illness, their parents might refuse to pay for help, keep them on their medical insurance, let them live with them – so you can

see how those two things would impact each other.”

Despite all these worries and social pressures, both Garcia and Reynolds came out. Garcia explained that a huge reason for coming out as gay for him was to make life easier down the road so that he knew who his supports were, and so he could move forward with his life. He added, “I guess the want to come out stems from a little bit of pride, too. I wanted to be proud of who I am – I didn’t want to be ashamed of who I am.”

However, Garcia later admitted, “I’m not proud to be depressed, but I’m proud to be gay, and I’m not ashamed of being gay, but there are times I’m ashamed of being depressed.” For him, he said, “Coming out as gay is like revealing a secret, while coming out with depression is like revealing a vulnerability.”

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Full Page	\$495.95	\$669.95	10 X 14

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Three Months/Three Issues: 15% off
Six Months/Six Issues: 25% off
Full Year/Twelve Issues: 35% off
Additional 20% off ads with coupons

Making progress in food justice

continued from page 2

second stop on the tour and included a substantial and tasty lunch. Up and down the table, people lauded the basil-infused salad dressing.

The group's head server, Zack Montgomery, shared that he had worked bussing tables in an expensive restaurant where waiters were receiving about \$400 per night in tips but it was up to them to decide how much to share with their table bussers. Zack typically ended up with \$40 after a night of bussing tables for about 60 diners.

Dr. Alicia Farris, director of ROC-MI, explained the principles of ethically and excellently prepared meals imparted to the students and employed at Colors, where all staff is paid above minimum wage – they start at the \$10.10 minimum wage for which they advocated – and full-time workers receive a complete benefits package. They work with Zingerman's and others to influence other restaurateurs to do the same. They are also part of the Economic Justice Alliance, which is working on paid sick-leave as well as an end to sexual harassment and other human rights violations common in the industry. They buy locally grown and produced food and products. On Feb. 13, 2015, Colors hosted a breakfast meeting organized by the Raise Michigan Coalition to hear from servers about their experiences with tipping and the restaurant minimum wage.

The academy aims to move its students

out of the fast food industry and into fine dining. The 10-week training program is partially funded by foundation grants and indirectly by the State, which approached them to extend training to the unemployed. They have up to 10 trainees at a time – students typically develop passion for the industry around week four or drop out before the 10-week program finishes with six hours on the restaurant floor.

COLORS is a social enterprise (self-supporting but charged with providing service, not making money for shareholders), so profits from the restaurant fund trainee scholarships. They also run longer courses for people who go on to open their own food-related worker-owned enterprises.

Peaches & Greens, the last stop of the tour, is both a business and a ministry, providing healthy food to the Boston-Edison, New Center, and Midtown neighborhoods in northwest Detroit. Along with carrying a varied selection of fruits, vegetables and healthy foods to go in their grocery store, they have trucks and drivers who deliver food

baskets within a five-mile radius of the store and, in summer, move through the streets with their produce for sale (like an ice cream truck) and set up mobile farm stands at events, apartment complexes and business centers. The free delivery and mobile stores are especially vital in this neighborhood, where many people are elderly or do not have cars.

Peaches & Greens' employees are hired from the community.

Much of their local produce is grown by their Christian Central Detroit mission partners in neighborhood gardens and a hoop house.

They also oper-

ate a tilapia fish farm that has an integrated herb garden. Peaches & Greens added a commercial kitchen to the back of the store last year where they hold cooking classes and rent space to entrepreneurs, many of whose products they then carry in the store.

The Fresh Food Café buys fruit from Peaches & Greens and supplies healthy packaged carryout meals at least three times each week to Peaches & Greens

as well as 20 other neighborhood stores and gas stations (all of which are certified to accept Bridge Cards for payment), to self-serve coolers in workplaces from Detroit to Troy, and after school at Detroit Country Day School.

The sales to workplaces and wealthier areas subsidize the lower prices in the neighborhood stores. Kickstarter, the University of Michigan and the Hebrew Free Loan Society are among those who provided subsidized loans to grow the Fresh Food Café LC3 (social enterprise) business. With their non-profit partner, the Detroit Food Academy, they work with 150 students in 12 Detroit schools and employ 30 students in the summer to bring their products – including Small Batch Detroit Mitten Bites, which are made by the students – to farmer's markets. They also distribute locally produced products to Whole Foods and to Slow Jam, which supplies Busch's and Plum Market.

Co-owner Noam Kimelman said the café affords him "the opportunity to expand my religious ethics to food."

What I learned on the tour helped me, too, connect my ethics to food. When paying a bit more to buy those locally made products, I now know that I am supporting an ecosystem that is bringing healthy food and opportunity to places that used to go without.

"Darryl Jordan of EMEAC stressed that while Detroit is not a food desert – small, independent grocery stores, gas stations, and liquor and dollar stores that sell food are abundant – it is a food dumping ground."

Goundcover fundraiser a big success!

Groundcover supporters packed the Heidelberg Restaurant to dine, hear Stevie D and the Wannabes and send Groundcover vendors and volunteers to the upcoming International Street News Paper Conference in Seattle.

The U-M Groundcover student group collected cover charges that the band generously donated to us, and ran a raffle with donated prizes from Literati Book Store, Downtown Home and Garden, Jerusalem Garden, Moosejaw, Miles of Golf and the Quality 16 Movie Theaters. With generous additional donations from our guests that evening and the Heidelberg Restaurant, we are now half of the way to our goal! (Contributions can still be made on our website or by check to Groundcover News, 423 S. 4th Ave., Ann Arbor, MI, 48104. Thank you all!

Amazing Grace for the Amazing Race

continued from page 4

through the FUSE program, were able to find a permanent place for me to stay.

Fellow vendors, Groundcover staff and volunteers were all very instrumental in bringing the resources I needed to accomplish the race set before me. Groundcover has also graced me with an opportunity to have a published voice and meet wonderful people, who have graciously encouraged and helped me in various ways.

Now, after several attempts to abide by

failing systems, I believe I have identified the right course for me to follow. According to my eye surgeon, other than the need for reading glasses, I have 20/20 vision in both eyes. As Grandpa in "3 Ninjas" took something from his pocket to use in his triumph over his archenemy, so have I been graciously given favor by several churches, people, and Groundcover that God has allowed to be in the path of my race, so that I can triumph over this crippling disease and unfavorable circumstances. I was saved by God's Amazing Grace: "I once was lost, but now am found; was blind, but now I see!"

Cryptoquote Solution

Rain is grace; rain is the sky descending to the earth; without rain, there would be no life.

– John Updike

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9	5	7	8	1	6	3	2	4
4	8	1	5	3	2	9	7	6

P	I	K	E		O	D	O	R		A	S	C	O	T
O	R	A	L		C	O	K	E		S	H	A	P	E
S	A	N	D	S	T	O	R	M		H	O	N	E	S
I	N	S	E	T		M	A	I	L		R	E	N	T
T	I	A	R	A	S				T	A	C	T		
					B	E	N	D		D	A	W	D	L
S	T	A	Y		N	E	E	D		N	A	I	A	D
T	U	T	U		T	R	A	I	L		V	A	N	E
A	N	O	L	E		O	L	E	O		E	L	A	N
G	A	M	E	R	A		S	T	O	P				
				T	A	I	L			P	U	R	E	S
M	A	G	I		M	A	T	H		L	I	V	E	R
E	L	U	D	E		S	H	E	L	L	G	A	M	E
S	U	R	E	R		S	A	F	E		O	D	I	N
A	M	U	S	E		O	N	T	O		R	E	S	T

Vegan lasagna

by **strongertogether.coop**
Courtesy of People's Food Co-op

Vegans love lasagna, too! Discover how tofu can stand in for ricotta cheese, with delicious results. The tomato sauce has a little kick from chilies, which balances the assertive flavor of all the healthy greens in the dish.

Total Time: 1 hour 45 minutes; 1 hour active. Serves 8.

Ingredients

2 tablespoons extra virgin olive oil

1 cup chopped red onion

4 cloves garlic, sliced

1 teaspoon red pepper flakes

2 14.5-ounce cans diced tomatoes

1 14.5-ounce can tomato sauce

1 teaspoon dried oregano

1 teaspoon dried basil

1 teaspoon salt, divided

1 bunch (8 ounces) kale, chopped

5 ounces baby spinach

14 ounces firm tofu, pressed and crumbled

2 tablespoons arrowroot or corn starch

3/4 cup finely-chopped walnuts

9 lasagna noodles, to make 3 layers

1/4 cup minced chives

Preparation

Put on a large pot of water to boil the greens.

In a 2-quart pot, heat the olive oil over medium heat, then add the red onions, garlic and pepper flakes. When they sizzle, add the canned tomatoes and half of the salt, and bring to a boil.

Reduce to a simmer and cook until thick, about 30 minutes over medium-low heat.

Plunge the kale into the boiling water and stir, cook for a minute, then add the spinach and cook until dark-green, about a minute more.

Drain the greens and rinse with cold water, then wring out. Wrap in a towel and press until very dry. Mince the greens and reserve.

Put half of the crumbled tofu in the food processor bowl and add the arrowroot and remaining salt. Process until smooth, then scrape into a large bowl.

Add the remaining crumbled tofu and the chopped walnuts and mix with your hands, kneading until well combined.

If you are using noodles that need to be cooked, bring a pot of water to a boil and cook, to *al dente*, according to the package instructions. Drain and rinse.

Lightly oil a 9 x 13-inch baking pan, then spread half a cup of the tomato sauce in the pan.

Place three noodles in the bottom of the pan. Dollop half of the tofu mixture over the noodles, then drizzle half a cup of sauce over the tofu mixture. Cover with three noodles, and press down firmly, to compress the layers.

Cover the noodles with the rest of the tofu filling, then cover with the remaining noodles, pressing down again to flatten evenly. Cover with the remaining sauce, making sure the noodles are completely covered.

Bake for 40 minutes, until the sauce is browned and bubbling around the edges. Let stand for five minutes before cutting. Sprinkle with chives before serving.



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My quest to attend the conference

by **Eddy Powell**
Groundcover Vendor #32

Hello, my name is Eddy Powell. Before I tell you why I would like to go to Seattle, Washington for the International Network of Street Papers conference (INSP), I would like to express my gratitude for all the GCN readers that buy the paper from me. I am very thankful for your business.

I would like to go to Seattle because I would like to learn about the following things: getting viewpoints and sales techniques from other vendors from

all over the world, other "tricks of the trade" of vendors that would enhance my selling in Ann Arbor, to see what living homeless is like in Seattle. I am hoping to come back with better skills at selling Groundcover News.

If I can, I would like to see my sister, who lives in Seattle. As I am low-income, I'm unable to go visit her. I'm hoping she can meet up with me at the event just to see her for a bit.

In conclusion, I'm hoping that I could bring back news and information to share with fellow Groundcover vendors.

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